

Luke 10:39 "She had a sister named Mary which also sat at Jesus" feet and heard His word."

NEWSLETTER: "MOMENTS WITH MARY"

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'WONDERS OF GOD'

Eccles 3:11-13 KJV "He hath made all things beautiful in his time: also he hath set the world in their heart, so no man can find out the beginning to the end. I know there is no good in them, but for a man to rejoice, and do good in his life. And also that every man should eat and drink and enjoy the good of his labor, it is a gift of God."

The wonders of God! He shows forth the beauty of His works in what He provides for man, nature and beasts! The LORD has provided a plan for balance for all His Creation. When any part of that plan is violated, we see the results of that stress in ourselves, in nature, and even in the creatures He created! We see from the verses above, that God intended we enjoy many things in life as a point of being renewed in our mind, body and spirit. He clearly states that man should enjoy his labor! We hear many people talk about hating their jobs, or being overstressed. One of the wonders God made for man was a day of rest, a Sabbath!

While we know fully well, that life cannot avoid heartaches, illness, death, and other painful experiences in life, if we have obeyed God's Command to rest, we will be able to handle these concerns with a sense of peace and His Presence that will strengthen us.

Isaiah 26:3-4 LB "He will keep in perfect peace all those who trust in Him, whose thoughts turn often to the Lord! Trust the Lord God always, for in the Lord Jehovah is your strength.

When we fail to take that time for renewal, we lose the strength He has provided! If we are busy seven days a week, we find our minds are not as fresh as we need them to be! We get cranky and tired and wonder what is wrong with us! Even vacation times are often so crammed full of activities, there is no real relaxation for body and mind! The Sabbath is one of those *wonders of God* He made for us! Jesus went off alone at times for a Sabbath, a time of rest! Sometimes He went to the mountains or the seashore so He could clear His mind and to meditate on what the Father wanted Him to do! (Mt.14:23)

Mountains and the seashore are still favorite places for many to take time away from the stress of life! If you go to a mountain retreat, sit quietly in a spot where you can enjoy a panorama view! From such a lofty scene, life can take on a new perspective! All those things that loomed so large in the city suddenly become smaller! As you scan the skies and watch the clouds float by, there is a sense of serenity! One of God's wonders! The shapes and colors of clouds is a constantly changing tapestry of amazement and beauty! God's Nature! There is a comfort in knowing God is the Maker and Controller of all this and can use it's glory to restore a confidence in Him! Look at the lovely wild flowers that flourish without human hands attending them!

Their brilliant or delicate colored flowers waving and nodding their heads as a witness of God's wonders! High on mountain meadows grows an array of flora that cannot be found in the lowlands! Have you ever seen multitudes of butterflies or hummingbirds feeding on the flowers God has provided? What a wonder! Can you understand why a mountain was one of Jesus' favorite places for renewal?

What about a trip to the seashore? If all your time is on a boardwalk, you have just missed an opportunity for a Sabbath! Too much activity and too many people! You need to walk along a quiet beach, sit on the sand and watch the movement of the waters! What a fascinating experience, and a sense of awe and wonder as you see huge amounts of water moving in and out as the tides rise or fall. Only God could create such a wonder! There is a comfort in seeing all the powerful movement, a renewal of the knowledge of God's power in all this! Since He is able to manage all this water with ease, how could we doubt His ability and concern about *our lives*?

What a joy to take a Sabbath day! To do so, is obeying God by remembering His Command! Exo.20:8 "Remember the Sabbath day, to keep it holy." (v.11) Even God only worked six days, then took a rest! When we take a Sabbath, it presents the opportunity to reflect on Him and all He has done and what He has promised He will do! It is a time to be thankful! People that are grateful have a better perspective on life! In the Bible it was also a time to hear the Word of God taught! Hope comes from hearing the Word of God! Do we take a time of rest so we can hear His Word speaking encouragement to us?

Look around at the wonders God has created! Think about this, we are created in His Image! How are we doing with keeping moderation in all things? There is a time and season for all things! In God's time, He makes all things beautiful! Have you taken time to let Him make you beautiful in your soul and spirit? As we view His wonders, allow yourself to rest in His Presence!

May God's Blessings bring you peace and rest! You may reach me for prayer, questions or comments at the above addresses.

In Christ's Service,
Mary Mayko

Thank You LORD, for each mountain meeting, every river and each dale. I need each one to give me victory and strength to prevail! So on I go with a sweet release, For in that place You brought me peace!

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